



THE SPECTRUM

WEDNESDAY, NOVEMBER 12, 2014

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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WHEN WALKING AT NIGHT, WEAR REFLECTIVE OUTDOOR CLOTHING OR SHOES TO MAKE YOURSELF VISIBLE. AVOID WEARING DARK CLOTHING. NEVER ASSUME THAT DRIVERS CAN SEE YOU.

KEEP AN EYE OUT FOR MORE SAFETY TIPS IN FUTURE ISSUES OF SPECTRUM

Memorial Scholarship Established in Honor of Kaitlyn Doohry



PHOTO COURTESY OF LIZ MASTRACOLA

PARENTS OF KAITLYN DOOHRY PAY THEIR RESPECTS DURING THE TREE CEREMONY

BY GABRIELLA NUTILE
Staff Reporter

Just before the 2014 school year began, Sacred Heart University lost a member of its community.

On Aug. 22, rising junior Kaitlyn Doohry was struck by a motor vehicle while walking to campus. The news shook family and friends of Doohry, as well as students and parents of Sacred Heart.

In honor of Doohry, the H.W. Wilson Foundation has given Sacred Heart \$100,000 to establish an endowed scholarship in memory of her. The news of this amazed her four roommates.

"To be honest, I was completely surprised about the scholarship," said junior Kathryn Cahill, one of Doohry's roommates. "I think it's absolutely amazing, and it will help so many students in the future."

The scholarship that Sacred Heart has now created, the Kaitlyn Doohry Memorial Scholarship, will be awarded annually to a junior with financial need from Long Island, N.Y.

"I think it is amazing to have a scholarship in her name that will be given each year to a student from Long Island with financial need," said junior Jessica Podmokly, another roommate of Doohry's.

"Kait did love Long Island and where she was from, so I think this was great and she would be so happy."

Halsey W. Wilson established the H.W. Wilson Foundation in 1952 to help support the needs of company employees and retirees.

Once 1957 came, the Foundation directed its funding efforts to support libraries, library associations, historical societies, cultural programs and scholarships for library and information science programs accredited by the American Library Association.

The foundations biggest donors include Mr. and Mrs. H.W. Wilson, and the H.W. Wilson Company.

The H.W. Wilson Foundation chooses whom to donate to by receiving proposals and evaluating them with the Board of Directors at its monthly meeting.

"The university is very grateful for the scholarship funds donated by the H.W. Wilson Foundation," said Judite Vamvakides, Director of Annual Giving at Sacred Heart. "It is a touching and generous way to memorialize a young woman who meant so much to our community and it will, of course, provide the university with additional financial aid resources for Sacred Heart students."

It is expected that the first scholarship award will be given to a junior for the upcoming 2015-2016 academic year.

The scholarship is just one way that the Sacred Heart community has found a way to honor Doohry.

A magnolia tree in honor of Doohry was planted in front of the Chapel of the Holy Spirit on Sacred Heart's main campus during Family Weekend. Roughly 70 of Doohry's visiting friends and family members were in attendance.

"Every time I pass the tree, it is a reminder of how beautiful and blossoming Kait was," said junior Christine O'Brien, one of Doohry's roommates. "The Magnolia tree is a symbol of something long lasting and dear held within our hearts as Kait is to all of us."

Along with the tree, there was a plaque placed nearby as well.

"The plaque which reads 'A Life That Touches Others Goes On Forever' couldn't be more fitting for the situation," said Podmokly. "Kait was more than our housemate, she was our best friend that we all loved so much. Now she's our guardian angel above who we love and miss very much."



PHOTO COURTESY OF LIZ MASTRACOLA

(LEFT PICTURE) DR. PETILLO SPEAKS TO THE FAMILY AND FRIENDS OF KAITLYN

News

“We continually add innovative new programs, internships and experiences to our curriculum. We find when we put the students first, the accolades seem to follow.”
—John Chalykoff, Dean of John F. Welch College of Business

Connecting with Students: Career Center Updates Social Media

BY FRANK McCONNELL
Staff Reporter

With Twitter, Facebook, and Instagram on nearly every student's phone, the Career Development and Placement Center at Sacred Heart University is using social media as a tool to promote the services they offer.

The career center is revamping its social media sites as a way to better inform students of the services they can offer.

“The point of updating the social media sites is so the Career Center can connect better with the students,” said Sami Sands, who specializes in the social media department of the career center. “We are trying to modernize and adapt with the technology of the time.”

One key aspect of the reformed social media will be smartphones, and how they interact with social media sites like Facebook and Twitter.

The Career Development and Placement Center currently runs a Facebook, Twitter (@SHUCareerDev), and a LinkedIn profile, which has a following of 1,302 Sacred Heart students.

A study by the University of New Hampshire shows that 96 percent of students actively use social media, while a separate study conducted by Pearson Education shows that over 80 percent of students are owners of smartphones or tablets.

“One aspect of the new social media updates will

be push notifications on sites like Facebook, Twitter, and Pinterest,” said Sands.

Aside from things like push notifications, the career center will also be doing promotions across campus.

“We plan on having tables outside of Outtakes with handouts of the social media plug-ins. We also plan on having giveaways and raffles to help promote local businesses,” said Sands.

Aside from promotions and giveaways, one of the goals is to give the sites more modern information.



PHOTO COURTESY OF SACRED HEART CAREER SERVICES

“Some of the information on the social media sites is outdated,” said Sands. “We are trying to keep the information, pictures and things like that, more up-to-date.”

Ultimately, the goal of the project is to help students become more aware of the individual services the career center has to offer.

“I think that this will help the students better connect with the career center,” said Sands. “Even if it is just going to the career center to talk to a counselor, or to go and begin to build a resume, just getting students to go will make a difference.”

While students always have the option of going and seeking help, those who have gone to the career center for help have always been satisfied.

“I scheduled an appointment with the career center for help with my resume,” said junior Brandon Johnson.

“They took the resume I made prior to the meeting and made the necessary adjustments to increase its attractiveness to recruiters of firms I had interest in.”

Students are strongly encouraged to be involved and actively seek out help, even with matters other than applying to jobs.

“Aside from using the career center and career development to help build my resume, I also spent time there using their services to help discuss graduate school and programs,” said senior Liam Doyle. “They helped outline different schools and application deadlines. They laid the groundwork for me to go about graduate school without any problems.”

The Career Development and Placement Center is open Monday through Thursday from 9 a.m. to 6 p.m., and on Fridays until 5 p.m.

“The important thing for students to learn is that they have to be proactive,” said Sands. “Just getting in to see your counselor can make all of the difference.”

Spectrum Exclusive: Interview with SNL Cast Member Pete Davidson

BY EMILY ARCHACKI
News Editor

Pete Davidson, the newest featured player on “Saturday Night Live” (SNL) was at Sacred Heart University on Nov. 3 for a stand-up comedy performance held in the University Commons.

Davidson, who is from Staten Island, N.Y. has previously been featured on MTV’s “Wild ‘n Out” and “Guy Code.” He was named one of Variety magazine’s, “10 Comics to Watch.”

Davidson, born Nov. 16, 1993 is only 20 years old and is the first “SNL” cast member to be born in the 1990’s.

Q: You were first discovered by Nick Cannon when you were 17. What was it like working with him?

A: It was really cool working with Nick. He’s a businessman, so learning from him, because he does everything; he’s the host of “America’s Got Talent,” he’s a comedian, he directs his own films, he acts, and he has his own headphones. You know he’s all over the place. It’s really cool to learn from somebody who’s done it all.

Q: Who are your comedic influences?

A: Bill Burr is my favorite. I love Louis C.K., [Jerry] Seinfeld is great, and [Dave] Chappelle. Those are like my favorite four.

Q: How would you describe your style of comedy?

A: It’s very conversational I guess, and very random.

Q: What is it like to be the first cast member on “SNL” to be born in the 90’s?

A: It’s crazy. That’s a cool little thing. Being on “SNL” is like a dream come true. It’s a crazy place; I can’t believe I’m a part of it. It’s awesome.

Q: During your time so far on “SNL”, whom have you learned the most from?

A: Everybody is really great. Bobby Moynihan is amazing, Kate McKinnon, Cecily [Strong], Keenan [Thompson] they’re all very helpful. They know what it was like to be new there, everyone’s been very helpful, and everybody’s pretty nice.

Q: Favorite host so far this season?

A: Favorite host so far would be Bill Hader.

Q: Favorite musical guest so far this season?

A: Adam Levine, he did great.

Q: Biggest difference from working on MTV’s

“Wild ‘n Out” and “Guy Code” compared to “SNL”?

A: The difference with MTV is when you’re on a show like “Guy Code” or like “Wild ‘n Out” is it’s taped. Then they edit it and put it out. So it’s like if you screw up they could fix that. “SNL” is live so if you screw up, guess who just saw it and tweeted it at you immediately. You know so that’s the biggest difference. And you’re there seven days a week. It’s everyday. Except for Sunday, you’re off. “Guy Code” or “Wild ‘n Out” you film like two days a week and you go in for an hour or two and you just do the taping. But with “SNL” you’re there literally six days straight. So it’s pretty crazy.

Q: Any advice for anyone thinking of doing standup or pursuing comedy?

A: Do it. If I could do it, you could totally do it. I don’t know what I’m doing. Just know, no one knows what they are doing. Write stuff that you think is funny and people will find it funny.

Q: What is the favorite part of your job?

A: I guess just being able to do it as a profession, that’s like my favorite part. It’s my favorite thing to do. It is work, but it’s fun to go to work.

John F. Welch College of Business Nationally Ranked

BY GABRIELLE WASHINGTON
Staff Reporter

Once again, the John F. Welch College of Business has been ranked nationally in the Princeton Review

The college of business has been acknowledged as one of the best 296 business schools in the country.

“We are always pleased when our Business College receives accolades from outside agencies,” said John Chalykoff, Dean of John F. Welch’s College of Business. “This one is particularly gratifying, because it is primarily based on feedback from students.”

“The feedback that we received from the Princeton Review mentioned that the students appreciated the breadth and depth of knowledge of the faculty as well as the small size of the school that allows students to get to know each other and the faculty,” said Chalykoff.

With 114 students enrolled and 35 faculty members, students are able to get personal attention in a 4:1 student-faculty ratio.

According to a press release by Sacred Heart University, students in the school call their teachers an “outstanding group of professors with diverse backgrounds to teach various aspects of the business world.” They also said, “their skills and knowledge in their particular subject is outstanding.”

The review commended that Sacred Heart is in a great location close to a busy corporate center, General Electric.

“I also think we benefit from our ideal location at the heart of one of America’s busiest corporate centers,” said Chalykoff.

“This allows our students to obtain mentorships and internships at some of the top companies in the country. We also benefit from the friendship and advice of Jack Welch—for whom the business school is named,” said Chalykoff.

Jack Welch, former CEO of General Electric, introduced a new curriculum in 2009.

According to a press release by Sacred Heart

University, the fixed integrated core curriculum “is very applicable to the real world,” and has focused work in finance, accounting, marketing, and management.

“We base our academic and program decisions on what will be best for our students,” said Chalykoff. “We continually add innovative new programs, internships and experiences to our curriculum. We find when we put the students first, the accolades seem to follow.”

When choosing a school, being one of the top business schools in the country is a huge deciding factor.

“That’s the reason that I am here,” said junior Lerae Etienne, a double major in Sports Management and Marketing.

“As an AACSB-accredited school, we know we are in the top 5 percent of business schools internationally. When students refer to the Princeton Review for guidance, it will be good to be among the schools recognized for excellence,” said Chalykoff. “It is great to be named one of the top schools in the country.”

Perspectives

WINTER WEATHER CREEPING IN...

SAM says...



Unbelievable... here we are. 3-4 short months ago, I was strolling alongside my friends on the shores of Groton Long Point in Conn., basking in the summer sun and enjoying a scoop of Moose Tracks ice cream. What seemed like a never ending summer, has quickly transformed into a jean and coat wearing, hot chocolate sipping weather... very quickly.

Although I do love the warm weather, I do have a secret passion for winter weather. With winter weather comes snow, Christmas and very recently, getting that extra hour of sleep thanks to Daylight Savings Time.

Since the Christmas season is right around the corner (or has already begun for a lot of people), I have noticed over the years that the holiday season seems to give

people an extra pep in his or her step during this season. Whether it is the 24/7 Christmas music on the radio or the holiday rushes, everyone seems to be generally happier. Being a consistently happy person myself, a characteristic such as peace, love and cheer excites me as we draw near this joyful season.

Of course, the winter season does come with a couple of negative aspects, even as a person who enjoys it. I am sure that all the upperclassman and faculty remember the dreaded winter storm Nemo that left Sacred Heart University without school for more than a week. This winter, since I moved off campus, shoveling snow has become a priority. My roommates and I are going to have to create a plan of attack for shoveling

our driveway if any storms drop three feet of snow on our tiny home.

Another aspect of winter that could be quite drastic, especially in Connecticut, is the bitter temperature plunges. I can deal with 50, 40 or even 30 degree weather, however in the past, when the temperature has dropped to single digit temperatures with a wind chill which makes it seem like it is so much colder, that puts quite a drag on certain outdoor activities, such as ice skating or chopping down your Christmas tree.

The weather application on my iPhone says mid 50's this week. I can't wait to throw on a flannel and my favorite pair of L.L. Bean moccasins to venture out into the chilly weather before classes.

NICOLE says...



I definitely think I'm one to change with the seasons, from summer to winter; I have a completely different mindset. I think most people like the summer due to the warm weather, decrease in responsibilities, constant sunshine and room for opportunity, but some people (surprisingly to me) do actually like the winter months better. When those summer months quickly end we're left with fall and winter until the weather warms up again. I for one could do without this gap in sun shiny days, but I do think that the seasons give us balance.

I definitely become more of a homebody when the weather gets colder, I can't seem to get the motivation to put on a skirt and go out with my friends when I know that as soon as I walk out the door I'll be covered in goose bumps and not want to move. Whether you become antisocial and want to lay in bed all day with some Ramen Noodles and Netflix, or you try to keep the party going and stay warm with alcohol and layers on your ventures out

into the cold each weekend, I'd say the change in weather changes people.

Much of the Spectrum staff correlates cold weather with cuddling season, and I'd have to agree. When it's cold out, if you can't muster up the courage to get outside and do something with your day, then what's so wrong about cuddling in bed with a friend or boyfriend/girlfriend for a day...or three?

If you don't have someone to share nights in with, then that could push you onto the bandwagon of "cuffing season" which is something I've just been made aware of. The definition, by the very reliable UrbanDictionary.com, states: "During the fall and winter months people who would normally rather be single or promiscuous find themselves along with the rest of the world desiring to be 'cuffed' or tied down by a serious relationship. The cold weather and prolonged indoor activity causes singles to become lonely and desperate to be cuffed." Well there's your fair warning to all the guys

and girls out there who seem to be suddenly catching the peoples attention they've been wanting for all summer. Apparently cold weather leaves disparity to the singles and contentment to the ones in a relationship. In a relationship or not, cold weather could bring people together, even if it's just for some warmth.

As soon as I get my winter coat out of the attic, unfortunately I know I have to prepare for the cold, but also for my birthday and Christmas. Who doesn't love the holidays? No matter how old I am, or how cold I am, I'll always be excited for holiday festivities with my friends and family. I guess if you're not psyched about the cold weather, you don't want to be a part of "cuffing season" and you're not motivated enough to get out of bed, then stay in bed. Enjoy hibernating this winter; just get ready to put a spring in your step as soon as March comes around.

Freshman Registration Frustration?

Ashley Mascolo

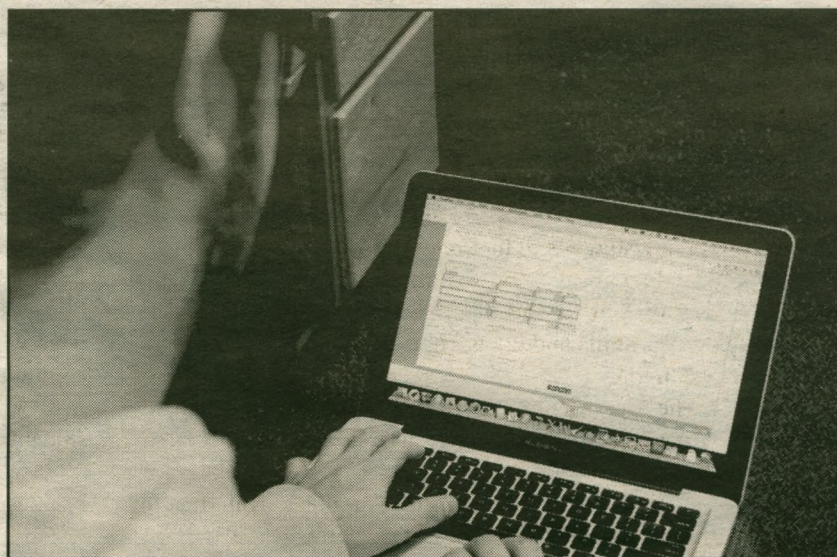
"Registration makes me want to rip my hair out and cry, but my RSA helped me through this stressful time."

Sean Cronan

"The only thing stressing me right now is hoping that the classes that I really want to take won't be filled when its time for me to register."

Nicole Jablonski

"My advisor was very helpful and took the time to help me decide what classes I should take."



THE SPECTRUM/ FILIPE LOBATO

Ryan Cosner

"I haven't registered, but I can already tell you that it is stressful. I'd say that it is definitely nerve racking."

Michelle Nocera

"My registration has been a very easy process because I went to my career coach and he made me a list of the 5 classes I had to take."

Perspectives

International and Domestic Service Trips

BY ALLY D'AMICO
Staff Reporter

As sophomore Adyel Duran reflects back on the time he spent in Guatemala during a volunteer program this past spring, he can't pick just one aspect that was better than the rest.

"When looking back, I can't really say one experience was more memorable than the other," said Duran. "From playing soccer with the kids of the community we stayed in, to painting the school, everything we did was a memorable experience."

Sacred Heart offers numerous service trips, both domestic and international, through the Volunteer Programs office as well as the student-run club, Habitat for Humanity.

There are two different types of international trips that Volunteer Programs and Service Learning offers.

This year, through the Volunteer office, over winter break and spring break around 90 students will be visiting either the Dominican Republic, Bangladesh, El Salvador, Costa Rica, or Guatemala to provide various service's for the communities in need.

"Each trip is extremely different," said Matthew Kaye, Director of Volunteer Programs. "If you go on one program your not going to have the same experience on the other."

In El Salvador, students provide support and listen to stories of people who went through the civil war. Students who go to Costa Rica are paired with a college student from the Institute of Technology in Costa Rica where they work together and do biology research, reforestation, and work with children in elementary schools.

Trips to the Dominican Republic focus on community and youth development. In Guatemala students live in a rural community where they put efforts towards health education, youth development, and remodel a school. In Bangladesh, they work with the programs Distressed Children and Infants International. Through these programs volunteers will live in an orphanage and have the chance to work with children and digital literacy.

Even though each trip is drastically different many students take away the same lesson.

"I realized that although we were there for only about a week, we made a positive impact on the community we stayed in," said Duran. "I also took away that we are at our best when we put service above self."

There are also a number of domestic trips that are offered through Habitat for Humanity,

With at least 120 active members Sacred Heart's Habitat for Humanity chapter is one of the leading chapters in the country in higher education.

"The Sacred Heart Habitat for Humanity Chapter



PHOTO COURTESY OF MATTHEW KAYE

SHU STUDENTS ARE COMMITTED TO DOING SERVICE ALL OVER THE WORLD

sends out 5 delegations each spring break through Habitat for Humanity's Collegiate Challenge program," said senior Jessica Laflam, president of Habitat for Humanity at Sacred Heart. "This year we are sending students to Habitat affiliates in Tennessee, Illinois, Florida, Arkansas, and Delaware."

Just like the international trips, the domestic trips each have their own character.

"First, the construction varies drastically. Sometimes trips will be starting a new house from the ground up while others could be doing the finishing touches of interior work," said Laflam. "The group dynamic is completely different on each trip as well. That's something that makes the spring break service trips so special."

"You go away for a week with people you don't even know very well and come back as a family," said Laflam.

For those who have gone on the trips they realize it was an experience they are glad they didn't pass up.

"I was always pretty interested in doing something with Habitat and going to Tennessee and Louisiana were some of the best decisions that I've made," said senior Justin Mandala. "When I went we worked from basic foundation and secured the interior and exterior walls of the house."

"Each nail doesn't only hold the walls of a new house together, they resemble the support given by those volunteers that made it possible," said Mandala.

Habitat's vision is "A world where everyone has a decent place to live." In order to fulfill this vision, every nail, hammer and paintbrush used by a volunteer is taking them one step closer to a better life, for the homeowner and the student volunteering.

"My most memorable experience thus far with Habitat is leading spring break trips and watching new members realize what this whole thing is about," said Laflam. "You can literally see it on their faces about mid-week, whether they have just completed a hard task or interacted with a Habitat family, they just have this huge smile on their face because they realize that what they are doing is really impactful."

Even if most would say the impact the service trips have on families and communities is the reason they participate in these trips, there are also many other perks of participating.

"This is an exciting time to be a student at Sacred Heart. The international opportunities are expanding and providing students a leg up in moving into graduate school or their career," said Kaye.

Either way the lessons and experiences that are taken away from service trips are instilled in students for a lifetime.

"My advice would be that if there is an opportunity for international experience you should take advantage of it right away," said Duran. "In any field, international experience is valuable in so many ways. Even if it isn't international, there's something about doing service with a group of people that is truly amazing."

Men of Spectrum take on "NO SHAVE NOVEMBER"

WEEK TWO



SPORTS EDITOR NICK MCANENEY SECOND WEEK OF NO SHAVE NOVEMBER



PERSPECTIVES EDITOR SAM BUTLER SECOND WEEK OF NO SHAVE NOVEMBER

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More than the bench press

KATIE SHEPARD
CO-COPY EDITOR



Coming into college I was a small, pretty weak 18 year old kid. I wasn't overly fast, had a good first step and could run for miles. The summer of 2011 was bittersweet, I was leaving home for the first time and traveling across the country to start my new life and my career here at Sacred Heart.

Coming to summer school was optional, but I knew that it was best for me to get a head start on workouts and classes so I was prepared when fall semester started. I'll never forget that first workout with you. I was one of three freshmen, and that was the hardest workout of my entire life. I remember running the bleachers and hearing the pounding of the sneakers and of course you screaming at us to go faster and move our arms. And how could I forget the "train hard or die" cut off t-shirt that you wore. We ran sprints and did some lifting tests after bleachers and I remember going back to my dorm and calling my parents telling them to book the next flight home if this was only the first day and I was completely exhausted. Well I'm so grateful I didn't follow through with that.

Anyone who knows me well knows that I have this blank stare, and it gives off this really rude, and know it all attitude. To be honest I don't even realize that I do it, and I can't even count the times you have yelled at me for it and I still am apologizing for it now. I can vividly recall those talks where you pulled me aside to tell me to fix my face and keep working hard. But it was also you that was able to break that habit of mine and make me laugh at any moment of any day.

Like I said I was a weak kid and my classmates, Hannah and Gabby were remarkably strong and dominated the weight room, most times beating upperclassmen marks. And then there was Shep working hard and all but not near as strong as the rest of the class. Conditioning I was doing fine but the lifting was a real struggle. Don't get me wrong I worked very hard, but no doubt lifting was not my favorite thing to do and I didn't think it mattered. You changed my mind on that too.

Four years later I decided to spend my entire summer at

school training with you to be in the best shape of my life and ready to have a great final season. Best decision I have ever made. I felt great physically and in turn I was the most confident that I have ever been in my playing career because of what you instilled in me. One of the greatest moments of my time here at Sacred Heart came just a few weeks ago when I maxed out on bench and reached 115 lbs, a number that seemed unreachable 4 years ago. I know that for me I was excited about reaching it, but even happier because I knew how proud you were of me.

But the best things you taught me go far beyond maxing out on bench press and running a sub 6 minute mile. You have made me a better human being and no words could ever explain how grateful I am to have you in my life. It's amazing how much has changed in 4 years, but I can tell you that never not once was there a day where I couldn't come and talk to you and get advice and a laugh. I'm beyond blessed to have the relationship that I have with you I know so many people aren't nearly as lucky as I am.

You've taught me how to always take the high road and be the bigger person even at times when you know with 100% certainty that you are right. Life isn't fair but you made sure that no matter what you have to face it head on, never back down and never quit. You always say if you want to see the change then be the change, and I'll never forget that. You have challenged me to be a better athlete, a better leader and a better person unlike anyone else in my life and I have loved every second of it. You weren't only my coach, you are such a great friend, one that I know I'll have for years to come. So this isn't a goodbye, no chance. It's a see you later. I'll miss the bus rides, the stretches before practice, talking smack about our favorite teams, the forced ice baths on road trips, the list goes on and on. But most importantly I'll miss my friend to share this last ride with, but I know you'll always be watching out for me no matter the distance. Thank you for everything, I don't think I could ever repay you. I love you KB.

INSTAGRAMS of THE week



INSTAGRAM COURTESY OF MARK PODESTA
"WEEKEND IN UPSTATE NY AT THE KAATERSKILL INN"



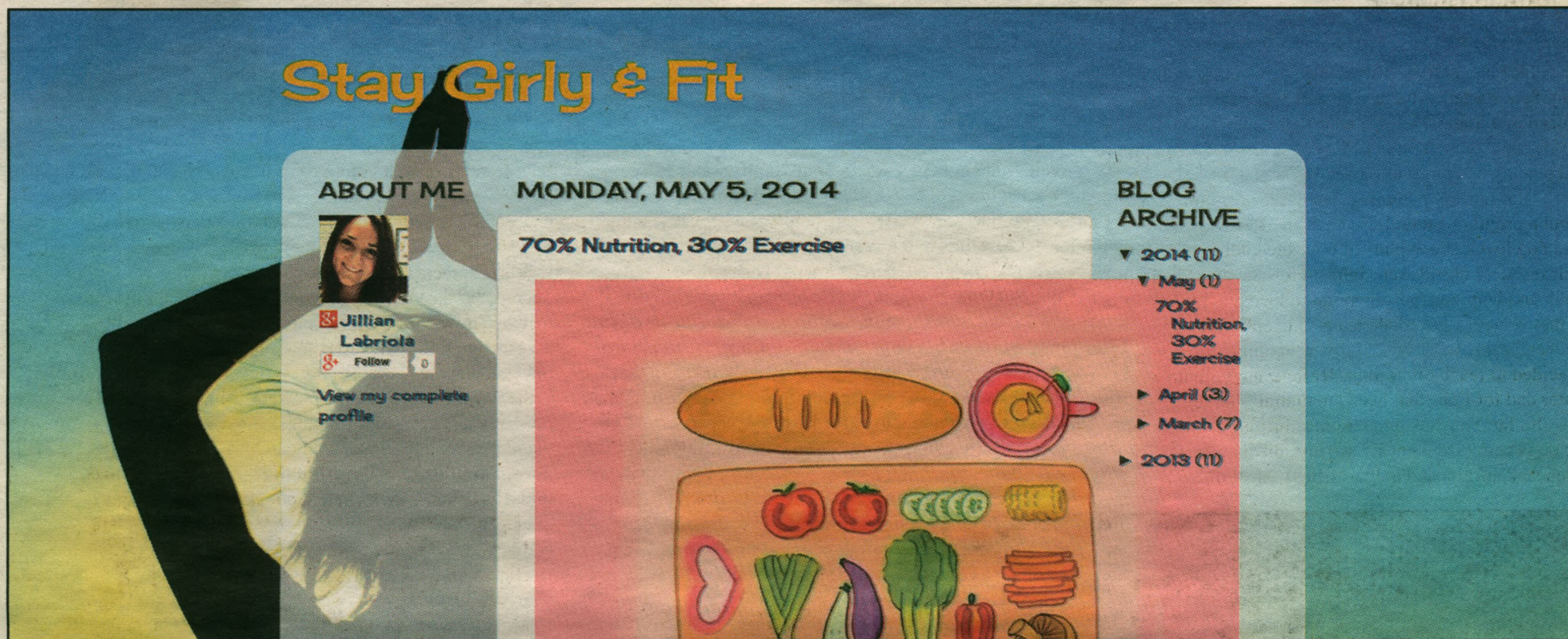
INSTAGRAM COURTESY OF SHU DANCE COMPANY

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Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Blogger of The Week: Jillian Labriola



BY KESHAUDAS SPENCE
Staff Reporter

For Sacred Heart University student Jillian Labriola, her two blogs are her way of connecting with people like her.

"A few years back, I was introduced to blogging through a few other people. I saw how much one can reach out to others and it really inspired me to start my own page," said Labriola.

Starting a blog can connect an individual with a near limitless number of internet users. People choose to blog for many different reasons, but for Labriola the decision was a personal one.

"Being that I have always had so much to express to family and friends, blogging was my only way of truly expressing how fashionable I am and my sense of style," said Labriola.

Many of Labriola's blog posts are aimed at the female population. However, both men and women can relate to a majority of her posts.

"I truly love blogging about fashion and motivating others. I provide different fashion trends, DIY, and different life advice," said Labriola.

As the only blogger in her group of friends, it was difficult for Labriola when she first started, but spreading the word is becoming easier.

"I try my best to reach out to those of my age and try my hardest to get them involved. After having them read through different stories and posts, I think my word is definitely starting to travel," said Labriola. "Blogging has become a hobby of mine and I find it truly rewarding."

Labriola hopes that her blog appeals not only to people in a wide range of places, but to people of different ages as well.

"That is one of the best parts," said Labriola. "My target audience is woman of any age, but most specifically I would think college students, both male and female."

Blogging can make a difference in many people's lives and open multiple doors of opportunity. The main goal of a blogger is to maintain a loyal group of readers by posting interesting content.

"I aim at inspiring others. I know so many females and males who look down on themselves and I try my best to tell them that there is so much more to life and everything they put their mind to will be worth it," said Labriola.

Labriola feels that the relationship between her and

her readers is truly a give and take.

"Trying to keep individuals on top of their game and staying on a straight path can be extremely difficult, but I have received so much positive feedback from my followers that it makes me feel like I am really making a difference," said Labriola.

Not only do bloggers get to try to inspire and motivate others, but they also broaden their own creative skills as well.

"Creating new blogs can be the most entertaining part. You can add different fonts, bright, loud background colors, and even add pictures," said Labriola.

Blogging truly brings out one's personality and for Labriola that was exactly what she loved.

"I love being able to talk about whatever I want and not feel judged. Blogging has helped me reach out to others in so many different ways and it has really shown me the impact I can have on other people," said Labriola. "I never thought of how far my thoughts and feelings can go, but after blogging, my perspective on what others think about me has significantly changed."

You can visit Labriola's blogs at www.devotedfashionista.blogspot.com and www.staygirlyandfit.blogspot.com.

Health Professions Students Give Back in Guatemala

BY ALEXANDRIA MARINI
Staff Reporter

This past October, several Sacred Heart University students in the College of Health Professions were presented with a chance to spend a week in Guatemala. This opportunity was available for nursing students as well as those in the physical therapy, occupational therapy, and speech language pathology programs. During their time there, the students provided free healthcare to three impoverished towns.

"As a nursing student, I was able to do a variety of things related to my major," said senior Meaghan Abbott. "We were able to practice vital signs such as heat rate, respiratory rate, temperature and blood pressure."

Acquiring medical care can be difficult for Guatemalans. Abbott also performed head to toe body assessments, interviews, and medication administration on people as young as two years old to people as old as 75. The students also held a toothbrush clinic where they taught the families how to properly use a toothbrush. Guatemala has many people who are

in need of treatment. According to Abbott, she saw almost 400 patients in four days, which is more patients she has ever seen in a typical clinical rotation. The nursing students have to bring their own equipment provided by the school because Guatemala has limited local supplies.

"We have to bring down stethoscopes, blood pressure cuffs, and thermometers as well as the medications and vitamins we give to the patients," said senior Ashley Greco.

The students set up their own clinics in three different towns throughout Guatemala. One clinic is set up in a feeding shelter, another one in a school, and the last one in a community center.

"The patients were able to visit any of the three locations, but in some cases, the children would come and say their parents were too ill to come to the center, so we did home visits," said Greco.

"Some of our home visits consisted of setting up water filters and maintaining the filters, but the majority of the healthcare was done in our clinics."

Students who have gone on the mission trip gained a lot of experience

while participating. However, this was not only a learning experience for the students.

"I went last year and it was the most amazing experience of my life," said Abbott. "It gave me the opportunity to gain hands on experience and really see the world outside of the United States."

Not only did Abbott grow as a nursing student, but she also grew as a person. She said she feels that it is important to give back to those less fortunate, especially in Guatemala because they are so desperate for healthcare, among other things.

"I came home from this experience being much more appreciative and thankful for all the opportunities we are provided with in the United States," said Abbott. "Going to Guatemala reminded me how small my problems are in the world when compared to other people."

Junior Sarah Rezek, nursing student, will be going on the mission trip in January 2015.

"I hope to learn about the Guatemalan culture as well as make a difference, even if it's just a small one,

in at least one patient's life," said Rezek. "I know that by the end of this trip, I will gain an appreciation for the life I was granted."

Rezek is looking forward to meeting new people in a different culture, practicing her nursing skills, and learning something new from this experience.

"I'm excited to get more insight on what it is like to be a nurse and work with some of the other students who are also going on this trip," said Rezek.

The Guatemala mission trip has been a life changing experience for some students. It gives students in the nursing, occupational therapy, and physical therapy programs the chance to work closely together in order to aid these ill patients.

"Nursing is all about compassion and healing the sick and I think that this trip fully embraces those aspects," said Abbott. "The people there are so thankful for the help we offer, as little as it may seem. They are so appreciative and friendly, and it's an experience I hope everyone else gets to have too."

Features

“ You can tell in their eyes how much they appreciate you helping them out. The most fulfilling part is finding them a family that will continue to show them unconditional love. -Tony Saia

Student Volunteers as Foster for Rescued Dogs

BY NATASHA KLINOFF
Features Editor

Last November, Sacred Heart University student Tony Saia started volunteering as a foster for dogs who are in need of a home. He works through Labs4Rescue, a non-profit organization that is dedicated to rescuing, healing, and placing dogs into new homes.

“Not long ago a family friend reached out to me about a program called Labs4Rescue. Because I am an avid dog lover, she explained how she got her dog from their rescue. Labs4Rescue helps to rescue dogs from the south and help transport them up to the New England area so they are able to find adequate care and a loving home forever,” said Saia. “After fully researching the program, I decided to reach out to Labs4Rescue and volunteer as a foster dad for Labs that need a temporary home.”

So far, Saia has found homes for four dogs. Usually, the dogs come from abusive or unstable homes. They are often sick, afraid, and malnourished. Most of the dogs that

Saia fosters are Labradors Retrievers, sometimes mixed with another breed.

“It is my job, to nurse them back to health and make them realize that the world is not too bad. They are usually very sad upon arrival, and don’t even know what a dog bed or toy is,” said Saia.

Through this volunteer program, fosters are responsible for preparing rescue dogs for a stable home. Although providing a home for the dogs is one of the main objectives of the service, other aspects are equally rewarding.

“You can tell in their eyes how much they appreciate you helping them out. The most fulfilling part is finding them a family that will continue to show them unconditional love,” said Saia.

Every case is different, but Saia’s most recent rescue, Sam, was his most memorable. Prior to Saia getting Sam, the dog was locked in a room for seven years of his life, before the neighbor realized the abusive condition Sam was living in.

“When I got him, he was extremely skinny to the

point where his bones were protruding from his small body,” said Saia.

With good food and care, Sam’s condition improved. The connection between him and Saia grew with their time together.

“Letting Sam go was one of the most difficult things I have ever had to do,” said Saia. “I was there for Sam when no one else was and I became attached to the friendship we developed.”

Sheltering rescue dogs is hard work. One must have patience and a willingness to work with an animal that has been neglected for so long.

“Some are angry, some are terrified and some are just simply confused. It takes patience, hard work and sometimes you have to risk a night or two out with your friends,” said Saia. “However, the unconditional love from the dogs and the support from the group at Labs4Rescue is what keeps me going back for more every time.”

If you are interesting in fostering dogs through Labs4Rescue, visit their website www.labs4rescue.com.



TONY SAIA WITH SOME OF HIS FOSTER DOGS SAMUEL, MAX AND COOPER

PHOTO COURTESY OF TONY SAIA

Digging Through the Directory: Dr. Penny Snetsinger

BY MELANIE HOLEC
Asst. Features Editor

Dr. Snetsinger is an Associate Professor of Chemistry.

Q: Where did you grow up?
A: I grew up in St. Louis, Miss., so I’m a midwestern girl.

Q: Did you always want to be a professor?
A: You know it’s funny because I was just talking to my sisters about this. They were like, ‘You always played teacher!’ You know, from elementary school on, I always played the teacher and they were always the students, so I always did the sort of teaching thing. I actually had a number of job offers when I finished my Ph.D., only one of which was academic, and I turned down real money because I wanted to teach and I wanted to be in education, so I turned down far more lucrative careers to teach.

Q: What’s your academic focus?
A: Physical chemistry is my specialty, so I do a lot of computer modeling, mathematical modeling of things, and actually some of my job offers were for doing financial modeling, but I ended up teaching. I always tell my students, even after 25 years of being here I’m not even making what some of the starting salaries I was offered were, but I’m happy doing what I’m doing.

Q: What is the biggest challenge you face as a professor?
A: There’s never enough time to do everything I want to do. It’s very hard to balance doing research. We have a master’s

program in chemistry [at Sacred Heart University], so I have master’s students writing theses and just trying to get research time, teaching time, and everything else in my life, I’d say time is the hardest thing.

Q: What would you say are your biggest successes?
A: I think one of the things I’m really good at is explaining things, so I get all these students who come in to general chemistry or even physical chemistry and they’ve heard horror stories about what this course is like, and how horrible it is, and ‘my high school background’s terrible, and I’m never going to make it!’ And I think what I can really do is I really help them get through it and get them out of this ‘I don’t know anything, I can’t do this.’ It’s like, ‘Yes you can! You really can.’ To me it’s really gratifying to have students that didn’t think they could ever do this. And I had a student who years ago came to me, she was a practicing attorney and in her thirties, and she decided she was going to take science for the first time in her life. And I knew I could help her, and we got her through that first course, and she did so well she ended up getting a master’s degree in chemistry, and she now works in the US Patent Office. So it’s like, here was a person who really knew nothing about chemistry, coming in as an adult, and she could do it. So that’s really cool, that’s gratifying.

Q: What are your hobbies outside of teaching?
A: Well, I have a 12-year-old daughter, who basically is my other full-time job. But I also do a lot of ballroom and swing dancing, and I love to cook.

Q: Do you have a most memorable teaching experience?
A: Not really, just, what’s so cool to me is what all these students end up doing with their lives. So I have students who are doctors and lawyers and just still having contact with these people; I have a student who was just here last week, she’s an advisor at her high school and she brought a bunch of her students here. She teaches chemistry at the high school level, but she originally came to Sacred Heart as a chemistry major because her high school chemistry teacher had been one of my students, so it’s like my second generation. That sort of legacy is really awesome. I have a student now who’s a postdoc at Yale after he finished his Ph.D., and again he’s still in contact, he’s coming to give a talk to the students, and seeing these people really develop into amazing humans, and I’ve had them since general chemistry, they’re like my babies!

Q: Do you have a publication you are particularly proud of?
A: As I was finishing up my Ph.D., I did this incredibly long, complex calculation. So I published it and it was a whole extra appendix on the publication, and I literally had people coming up to me at conferences asking about it, and it was like my two minutes of fame. That was really cool.

Q: Why do you think people choose to study chemistry?
A: I think a lot of people pick it because it’s part of their career plan. Any student that’s going to medical school or dental school, or something, the athletic training students too, they take it thinking that

they’ll check it off of the list of things they need to take to get to the career they want. And what I hope they get out of the course is more than that, I hope that they see that it really is relevant, it wasn’t just a check mark. There was a reason that they had to take it, it does have something to do with the things that they care about. It’s not guaranteed that I can always get them to see that, but I always try.

Q: Do you have a role model or a professor who has been influential in your life?
A: I want to be a person that the students admire and that helps the students. I like faculty that are really involved with students. Certainly my first couple of years here, there were some faculty that really cared passionately about students and I’ve used them sort of as mentors to figure out how to connect with students. That’s really hard when you first start teaching, how do you explain things in a way that makes sense to students? You know, coming from a Ph.D. it’s really easy for you to understand, and for students it’s much harder, obviously, to get a grasp on it.

Quick Hits:
Favorite sports team? I don’t follow sports much, but I have a family member who’s a goalie on the Georgetown soccer team, so I’ve become more involved in the college soccer world.
Favorite ballroom dance? Jitterbug and swing.
Favorite Food? I love all food. I lived in China for a year, I was on sabbatical, and so I like really good Chinese food, but it’s hard to find.

Arts & Entertainment

Selling Out Fast: “Dogfight” the Musical

BY NATALIE CIOFFARI

Asst. Arts & Entertainment Editor

The Theater Art Program’s musical, “Dogfight,” opened on the night of Thursday, Nov. 6. The musical was held in the Little Theater, and the audience filled all 75 seats.

On such a small stage with little room for scene changes, stage manager and freshman Ruth Ann Phillips took the challenge, with help from Jerry Goehring, Director of the Performing Arts.

“Knowing that the movement of the show was left up to me was not only a little scary, but it gave me that sense of pride that someone knew I had the ability to do this,” said Phillips.

The musical takes place during the early 1960s in San Francisco, where Eddie Birdlace, Boland, and Bernstein, or the “3 Bees,” are getting closer to their deployment to Vietnam.

The three marine best friends, and their other fellow marines, are looking forward to their “dogfight.” This “dogfight” is a bet like no other, and every man must present his date, the ugliest girl they can find, in hopes of winning a lump sum of cash.

The main character, Eddie Birdlace, sets out to a diner, and meets the other main character, Rose. Rose is



PHOTO COURTESY OF LIZ MASTROCOLA

ERIN DUGAN (L) PLAYING “ROSE FENNY” AND ZACH LANE (R) PLAYING “EDDIE BIRDLACE”



PHOTO COURTESY OF LIZ MASTROCOLA

(FROM LEFT TO RIGHT) ANTHONY TARTAGLIA, SEAN WHELAN, AND ZACH LANE PERFORMING IN “DOGFIGHT”

a hard working, yet shy, waitress who is approached by Birdlace because he likes her guitar playing.

“I love playing Eddie,” said freshman Zachary Lane. “We are very different, and it’s a fun challenge. He is a very interesting character because he has so much depth.”

Rose and Birdlace do not exactly hit it off right away, but Birdlace proceeds in convincing Rose to come to a party with him.

“I can definitely relate to Rose,” said senior Erin Dugan. “She’s just such a sweet girl who was pleasantly surprised to be asked out on a date and then things take a turn for the worst. But, Rose bounces right back and tries to help set Eddie back on track, she doesn’t let her broken heart ruin her or stop her from growing as a person.”

Marcy, played by junior Haley Tanella, is the girl that Boland brought as his date to the dogfight. She tells the reality of the dogfight to Rose. Rose is shocked, and confronts Birdlace with a forceful hand, embarrassing him in front of all his other marines.

After the dogfight, Birdlace cannot stop thinking about what happened. This tough, stubborn marine is starting to feel differently, and his buddies Boland and Bernstein do not like that. Boland reminds him that he is a marine, and marines are “goddamn heroes.”

“Eddie is constantly being pulled in different

directions throughout the show. He has a lot of difficult choices to make, and Rose and Boland are constantly influencing him,” said Lane.

Late that night, Birdlace skips hanging out with his friends and shows up to Rose’s home with a rose. Birdlace really wants to take Rose out again, yet Rose is hesitant. She goes with Birdlace, and slowly but surely the two start to fall for one another.

When it comes time for deployment, Boland finds out that Birdlace was with Rose on his last night.

“It was such an emotional rollercoaster,” said sophomore Megan Saunders.

When Birdlace comes back to San Francisco, he is not the welcomed hero. Even when he sees Rose again, it is not the happy ending he expected.

“The best part about directing this show was watching the theatre students take over this hard show. To be able to work in such a tiny stage with only one piano and a lot of music – that is what I was most proud of. They really worked through it,” said Goehring.

“Dogfight” will continue in the Little Theater Nov. 13, 14, and 15 at 8 p.m. and Nov 16 at 3 p.m.

“I thought it was a fantastic show and the cast was unbelievable. I definitely recommend this to anyone,” said sophomore Alexandra Kearney.

A Little Bit of Fall at Sacred Heart



FALL FOLIAGE TAKING OVER SACRED HEART UNIVERSITY CAMPUS

THE SPECTRUM/NATALIE CIOFFARI

Arts & Entertainment

Students React to Pete Davidson's Visit

BY MARINNA DESANTIS
Staff Reporter

It's surprising to see huge talent and a booming career at just twenty years old, but that's exactly what we saw when Pete Davidson from MTV's "Guy Code" performed in the University Commons on Nov 3.

Davidson had a massive crowd pushing to get in the normally vacant room. Chairs were filled up within minutes, and people were scrambling to find seats. Over half of the audience settled for the ground, lining the walls and aisles with excited students.

"A lot of the SHU events I come to have a lot of empty seats. I almost thought they weren't going to fit us all. I was happy it was such a huge turn out for this comedian," said sophomore Becky Batterbee.

Davidson's best friend Ricky Velez performed as an opening act. He doesn't have as much on screen experience as Davidson, but he recently announced he's performing at Comedy Central and the New York Comedy Festival's 5th Annual "Comics to Watch" showcase on Nov 5.

Velez was fresh off of a comedy tour throughout

Europe; he made a lot of the experiences from his trip into jokes. While many of his other jokes were a bit raunchy, he had the crowd laughing the entire time he was on stage.

Davidson took the stage around 10 p.m. and performed for almost an hour. Like Velez, many of his jokes were inappropriate, which the audience loved. Many thought they were very appropriate to use at a college environment.

"Pete felt so relatable since he's about the same age as us. He's going through the same stuff we are and just telling jokes about it. He kept me laughing the whole time," said junior Tyler Labarbra.

Davidson turned to comedy after his dad, FDNY firefighter Scott Davidson, passed away during the Sept. 11 terrorist attack. He explained comedy helped him cope. He didn't fully understand what 9/11 meant, and being so young there were so many distractions.

"It was nice to see him shedding light on such a terrible situation. I could really tell that comedy helped him to cope with his father's death," said junior Lindsey Balukonis.

Many audience members knew Davidson because of

his reoccurring role on MTV's "Guy Code." The part that some didn't know is that his career is just getting started.

He's a brand new cast member on "Saturday Night Live" this season. He's also the youngest cast member ever on SNL, along with being the only cast member born in the 1990's.

According to silive.com, Davidson was first discovered at age 17 by Nick Cannon. Cannon gave him his first big break by featuring him on MTV's "Wild N' Out." He was also featured on ASX TV's "Gotham Comedy Live," "Jimmy Kimmel Live," and Comedy Central's "Adam Devine's House Party."

Along with "Guy Code," MTV also have a spinoff called "Girl Code." Davidson happens to be dating Carly Aquilino, who is a co-host on the spinoff.

Critics have been going wild over Davidson's recent controversial episode of SNL. Many people try for years to get SNL's attention, yet Davidson is only a few years out of high school with a reoccurring role on the show.

"Pete Davidson was a pretty big comedian for Sacred Heart to get. SET did a great job picking him. My friends and I laughed the whole time," said junior Mike Mazzilli.

SHU Dance Company's Holiday Extravaganza

BY ABSHIR ADEN
Contributing Writer

It looks like Christmas has come a bit early at Sacred Heart University, as our very own dance company put on a Holiday Extravaganza on Nov. 8 at 6:30 p.m.

With a collection of holiday inspired dance numbers, the audience was completely swept away by the Christmas spirit.

There were quite a few technical difficulties regarding sound during the performance. Nonetheless it did not take away from the performance and was handled skillfully.

"As a dancer, we are trained to know to keep going

and do our best to keep time no matter what happens with the music," said junior Mary Nealon.

Even though the performance as a whole was experiencing, what seemed to be, little to no audio, the dancers remained committed to their dance numbers and stayed as professional as possible all the way through the end of the number.

Nealon, a performer, expressed her love for the new Irish dance ensemble.

"It was so much fun performing. It was fun to be able to do something that I had done my whole life, as a part of the new SHU Irish Dance Ensemble," said Nealon.

Sacred Heart's dance company's performance consisted of classic and modern Christmas songs performed in various dance styles, such as: ballet, Irish

step, and hip-hop while incorporating and establishing an air of Christmas joy.

"I think the girls did a wonderful job of getting everyone into the Christmas spirit. I also really enjoyed the ballet piece," said sophomore Cristina Martello. "I think, overall, it was a great production and I always look forward to the dance shows here at Sacred Heart."

While there were minor hiccups in the technical side, the audience didn't seem to mind. Overall, the performance still managed to ring in the Christmas cheer with such a mesmerizing and joyous rendition of Christmas music through contemporary dance.

"I absolutely enjoyed it, as a non-dance enthusiast. I definitely enjoyed coming here and watching it," said sophomore Cameron Swift.



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2014-2015

Session A: Dec. 15 - Dec. 26

| Fairfield | |
|------------|--------------------------------|
| CM-102-LEC | INTRO TO MEDIA PRODUCTIONS |
| Online | |
| CH-030-AO | CHEMISTRY OF NUTRITION |
| CJ-232-AO | POLICE COMMUNITY RELATIONS |
| CM-101-AO | INTRO TO MEDIA CULTURE |
| CM-257-AO | WOMEN & ADVERTISING |
| MK-201-AO | PRINCIPLES OF MARKETING |
| PH-101-AO | INTRODUCTION TO PHILOSOPHY |
| PS-110-AO | INTRODUCTION TO PSYCHOLOGY |
| PS-201-AO | RESEARCH DESIGN & ANALYSIS I |
| PS-241-AO | PERSONALITY PSYCHOLOGY |
| PS-295-AO | HEALTH PSYCHOLOGY |
| PS-252-AO | CHILD DEVELOPMENT |
| PS-351-AO | BRAIN AND BEHAVIOR |
| PS-335-AO | HUMAN & ANIMAL LEARNING |
| SM-265-AO | SPORT MARKETING |
| TRS-101-AO | INTRO TO THE STUDY OF RELIGION |

Session B: Dec. 15 - Jan. 9


| Fairfield | |
|------------|--|
| MU-102-A | HISTORY OF JAZZ |
| Online | |
| AN-110-AO | CULTURAL ANTHROPOLOGY |
| CH-040-AO | CHEMISTRY, SOCIETY AND THE ENVIRONMENT |
| CJ-246-AO | ORGANIZED CRIME |
| EC-202-AO | PRINCIPLES OF MICROECONOMICS |
| EX-100-AO | EXERCISE SCIENCE |
| HI-223-AO | US HISTORY SINCE 1865 |
| IS-272-AO | DYNAMICS OF INFO TECHNOLOGY |
| MGT-257-AO | BUSINESS ETHICS |
| MGT-202-AO | ORGANIZATIONAL BEHAVIOR |
| MK-299-AO | SOCIAL MEDIA MARKETING |
| PO-121-AO | INTRO TO AMERICAN GOVERNMENT |
| PS-299-AO | PSYCHOLOGY OF POSITIVITY |
| TRS-201-AO | INTRO TO THE OLD TESTAMENT |

Session C: Dec. 29 - Jan. 9

| Fairfield | |
|------------|-----------------------------|
| BI-026-A | CONNECTICUT WINTER WILDLIFE |
| Online | |
| CH-020-AO | DRUGS & THEIR IMPLICATIONS |
| CJ-242-AO | WHITE COLLAR CRIME |
| CM-101-AO | INTRO TO MEDIA CULTURE |
| CS-100-AO | INTRO TO INFO TECHNOLOGY |
| DA-100-AO | INTRO TO DANCE HISTORY |
| MGT-299-AO | JOB HUNTING |
| MK-205-AO | ADVERTISING |
| MK-299-AO | CONSUMER BUYING & BEHAVIOR |
| PS-212-AO | ABNORMAL PSYCHOLOGY |
| SO-110-AO | SOCIOLOGICAL IMAGINATION |
| TRS-299-BO | AUGUSTINE'S CONFESSIONS |
| TRS-320-AO | CHRISTOLOGY |

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Sports

Cross Country Goes Back to Back

BY ANTHONY BARTONIK
Staff Reporter

In college sports, winning puts a spotlight put on you, and the Sacred Heart women's cross-country has had a spotlight put on them.

The women's cross-country team just earned their second consecutive Northeast Conference Championship this year.

They were given this award by the USTFCCA, or the U.S. Track & Field and Cross Country Coaches Association. This is a New Orleans, Louisiana based professional association representing men's and women's cross country and track and field coaches in the United States.

The organization has about eight thousand members, 94% of NCAA track and field programs are members of the USTFCCA. This organization recognized the team with its first Northeast Region ranking of the season, the Pioneers are getting ready to head into the NCAA Regional on November 14th 2014.

Sacred Heart is tied with Patriot-League champion Boston University for fourteenth place. The women's team were ranked 15th in the final time before the Regionals in 2008, and ranked 14th in the season of 2012, so this would be the third time ever ranking regionally in the programs history.

The Region of the Northeast includes schools from New York State and the New England area. The Northeastern Region has 44 schools making it the most out of the nine regions in the country.

The team has had a continued success rate this season and head coach Christian Morrison explained how they attributed to it.

"It is difficult to win championships on a consistent basis in cross country or any sport. We're fortunate to have a dedicated group of women in our program who place their running and their team above other things, including the sort of social distractions that can really interfere with a runner's progression," said Morrison.

Morrison continued about the feeling of the athletes during a winning season and what the best parts of the season it is. "It's the journey of the season. It's the time we spend together. There are precious few experiences in life that compare to being part of a winning college athletic team. I encourage my athletes to savor it, and I think they do," said Morrison.

Preseason was also a big attribute to the team as well as to the coach. Morrison said, "We had an excellent preseason, because the women all did their work over the summer. Things never go perfectly throughout an entire season, but I knew we had a chance to be good if we stayed relatively healthy. Fortunately, we've stayed relatively healthy."

Morrison's final thoughts were on the continuation of where the team is going or where he'd like them to go. "We just want to keep it going. Winning a third conference

title in a row will be even harder than winning two, but that will certainly be one of our goals next year," said Morrison.

Sacred Heart Regionals are to be held at Van Cortlandt Park in Bronx, NY on Friday November 14th at 11am.



PHOTO COURTESY OF ATHLETIC COMMUNICATIONS

Two Down, One to Go

Sacred Heart Victory Sets Up Season Finale Showdown Against Bryant

BY NICK MCANENEY
Sports Editor

The Pioneers have almost completed their goal.

Having to win their final three games to repeat as conference champions, the Sacred Heart football team is one game away from accomplishing that goal after defeating the Central Connecticut State Blue Devils 35-27 to set up a showdown with the Bryant Bulldogs this Saturday, Nov. 15 at Campus Field to see who will take home the NEC crown.

Junior quarterback R.J. Noel threw for a career high 327 and five touchdowns, two of which went to senior wide receiver Tyler Dube.

Dube also tied a school record with 12 catches on the day, and also tied the single season record with 13 touchdown catches. Junior Moses Webb also added a career high 159 yards on a career high six catches with a touchdown.

Senior Sean Bell led the way on the ground with 65 yards on 19 carries after starting senior running back Keshaudus Spence did not return for the second half.

The Blue Devils got on the board first when Josh Alaeze recovered a blocked punt in the end zone for a touchdown 1:33 into the game. Sacred Heart was able to tie the game up at 7 with 9:55 in the second quarter on a 2-yard touchdown pass from Noel to senior tight end Tim Goodwin. It was only Goodwin's second catch of the year.

The Pioneers scored about a minute later after they recovered a Brenden Lytton fumble. Noel hit receiver Jackson King for a 29-yard touchdown to give the Pioneers

a 14-7 lead.

Central answered no less than two minutes later, with Lytton breaking free for a 32-yard touchdown scamper. Lytton rushed for 193 yards on the day, the most amount of rushing yards Sacred Heart has given up to a single player all year.

The Pioneers took the lead into the locker room, as Noel threw his third touchdown of the first half, hitting

neither offenses scoring again in the quarter.

Sacred Heart opened the fourth quarter up with a bang, as Noel hit Moses Webb for the biggest play of the game, taking a quick slant for a 63-yard touchdown and giving the Pioneers a lead they did not surrender.

The Blue Devils kept the game very interesting though. The defense gave up another touchdown run to Lytton, this time running it in from 54-yards away, but the extra point was missed, so Sacred Heart was able to maintain a 28-27 lead with 12 minutes left in the fourth.

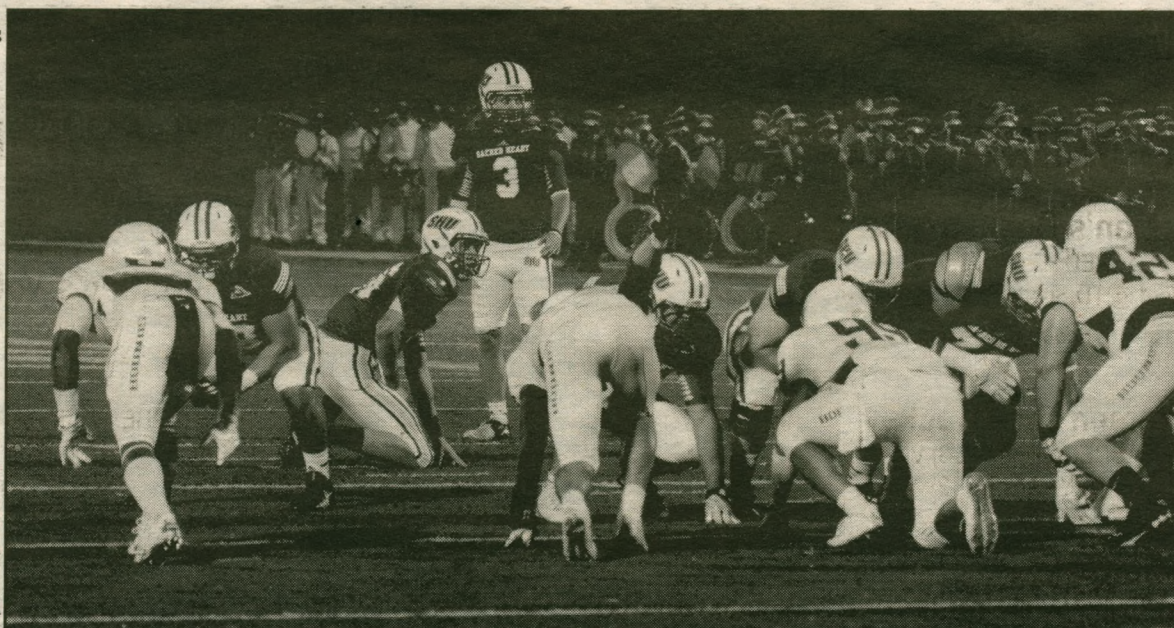
Noel threw a beautiful pass to Dube in between the safety and cornerback with 7:47 left in the game. The touchdown gave the Pioneers a 35-27 lead.

The two teams ended up trading punts, and Central got the ball at their own 20-yard line with 2:43 left in the game with no timeouts left. The Pioneers forced the Blue Devils into a forth and seven, and Sangiacomo was quickly pressured and then intercepted by James Rentz.

The Pioneers gave the ball back to the Blue Devils with 13 seconds left, and Connor

Candito finished the game off with another interception to send the Pioneers record to 8-2 overall with a 4-1 record in conference.

The final game of the year, which is also Senior Day, will be played this Saturday, Nov. 15 against Bryant at 12:00 p.m. and will also be broadcasted on ESPN3.



PIONEERS LOOK TO GO ON THE OFFENSIVE

THE SPECTRUM/FILIPPE LOBATO

Dube for his first touchdown catch with 16 seconds left on the clock to give Sacred Heart a 21-14 lead at the half.

Central Connecticut tied the game on their first drive of the second half, with quarterback Nick Sangiacomo throwing a five-yard touchdown pass to Tyrell Holmes. The defenses dominated for the rest of the quarter, with

Sports

“ We didn’t play for the win or for the try, we played for each other. As a senior, I wouldn’t want to end my last fall semester any other way. *-Kaila Munkwitz* ”

View From The Throne: A Queen’s Perspective

BY JULIANNA MOLA
Contributing Writer

On Saturday, Nov. 1, at Randall’s Island N.Y., Sacred Heart University Queens of Heart Women’s Rugby team defeated Fordham University to become divisional champs for the second year in a row.

Looking at the 53-0 score, it is easy to presume that the match was not hard fought. However, for those of you who have ever seen a rugby match or participated in one know that any match, no matter the score, no matter the opponent, is a battle.

Rugby is a unique sport because in order to be successful, there has to be the perfect fusion of athleticism, teamwork, and most importantly, heart, to be victorious. Rugby is the most physically and mentally demanding sport I have ever participated in, yet, it is also the most rewarding.

Simply put, the game is rough.

After every match, the girls and I are bruised up, sore, and, often times, on crutches or in slings. However, we all keep coming back to the sport. Why is that? My mom repeatedly tries to sway me to join another sport. Most people think I am crazy for playing rugby. Nevertheless, there is a camaraderie and sense of trust on the field that is like none I have ever felt.

At the division championships against Fordham, we played our best game of rugby this season. Did we score the most points we ever have? No. Did we make a lot of mistakes? Yes.

The difference with this game was that every girl on the field played, with an unrelenting determination, to not only defeat the opponent, but to support each other throughout the game.

Junior Charlotte Tallman said, “Our team chemistry was extremely strong this weekend. I am so unbelievably proud at how hard we worked to get to where we were and everything seemed to fall together. The weather was awful, but we powered through and it made it all the more worth it!”

I would be lying if I said that I did not want to win, however, rugby allows one to understand the beauty of sports, that which goes beyond winning and losing. When I stepped on the field, I did not think about beating Fordham, making school history, or becoming back-to-back champs. Instead, I reminded myself that in order to be successful in rugby, I had to have complete and

However, my teammates and I were abuzz after the game not because of the history-making feat, but because of our unparalleled commitment to each other on the field. “We didn’t play for the win or for the try, we played for each other. As a senior, I wouldn’t want to end my last fall semester any other way,” said senior Kaila Munkwitz. It is true; rugby can look like a violent sport. However,

er, the cuts and bruises from the game do not define the feeling of playing with teammates who are unquestionably supportive of each other on the field.

Mid-game, right after we had scored another try, I was overtaken by emotion. Luckily, due to the weather, my tears could have been mistaken for raindrops on my cheeks. The game was not over, we had not won, but there I was, on the rugby field, crying. I was not sad that it was one of the last games I would play with the seniors, I was not in pain from being tackled, I was, simply, happy.

At that instant, I found myself unburdened by upcoming tests and due dates and was able to truly appreciate the present. I was blessed enough to stand on the field with a group



PHOTO COURTESY OF JULIANNA MOLA

SACRED HEART UNIVERSITY’S WOMEN RUGBY WINNING BACK TO BACK CHAMPIONSHIPS

utter trust in my teammates and my own abilities. A rugby match can be likened to organized chaos: girls on the ground, girls trying to tackle you, a ball that unpredictably bounces, the list goes on. Yet, when a team is playing fluidly together, like the Queens of Heart were in the championship game, the chaos suddenly becomes a unit, seamlessly manufactured to accomplish a task. Playing against Fordham, it was apparent that my team was perfectly in sync. Not only were we physically battling on the field, but we also were encouraging and supportive of one another. While making plays we may score tries, a team that is dedicated to each other will win championships. After the win, there was pure jubilation. The Queens of Heart had become the only team in Sacred Heart’s rugby program history to win back-to-back championships.

of girls who probably would not have found each other if it were not for the Queens of Heart and that crazy sport we love called rugby. Those girls I was standing with were more than my teammates on that triumphant day; they were my support, my strength, and most importantly, my sisters. This past weekend, the Queens of Heart won the Northeast Regional Championship at Keene State College in Keene, N.H. They defeated Franklin Pierce University on Saturday Nov. 8 with a score of 64-24. On Sunday, Nov. 9 the team defeated St. Bonaventure University with a score of 33-5 to claim the title. Sacred Heart Women’s Rugby will play in the National Championship on Nov. 22 and Nov. 23 in Cherry Hill, N.J.

COMINGup

Men’s Basketball
SACRED HEART (0-0) VS
Hartford @ TD Sports Bank Arena (0-0)
Friday, 8 p.m.

Women’s Ice Hockey
SACRED HEART (2-3) VS
SUNY Canton (0-2)
Friday, 7:00 p.m.

SACRED HEART (2-3) VS
SUNY Canton (0-2)
Saturday 2:00 p.m.

Football
SACRED HEART (8-2)
VS Bryant (8-1)
Saturday, 12 p.m.

PLAYbyPLAY

Women’s Volleyball
11/4
SACRED HEART 0, Hofstra 3
11/9
SACRED HEART 3, Fairleigh Dickinson 0

Football
11/8
SACRED HEART 35, Central Connecticut 27

Men’s Hockey
11/7
Sacred Heart 3, Canisius 2
11/8
Sacred Heart 4, Canisius 4

Sports

“ I am certainly not satisfied with last year’s record and I want to work on improving on it and being the team we are capable of being this year
-Coach Jessica Mannetti ”

Women’s Basketball Preview

Mannetti and Co. Prepare for the New Season

BY SHAWN SAILER
Staff Reporter

The Sacred Heart women’s basketball team is looking for a successful season as they tip off the 2014-2015 campaign. The Pioneers are looking to improve off last season in which they went 12-18, and advance further in the conference tournament. They made it to the Northeast Conference quarterfinals before being bounced by the Saint Francis Red Flash in a double overtime thriller.

Head coach Jessica Mannetti felt like it was a disappointing season last year. “We underachieved quite a bit,” said Mannetti. “We have a lot of talent and it took a year to figure out what everyone’s roles were and really embrace what we are we are capable of.”

“I am certainly not satisfied with last year’s record and I want to work on improving on it and being the team we are capable of being this year,” said Mannetti.

The Pioneers were led by then-juniors guards Gabrielle Washington and Katie Shepard. Washington led the team in points per game last year, averaging 18.6. Shepard was a great distributor of the basketball, dishing out an average of 3.7 assists per game.

Washington felt like after a tough start, last season turned out to be a very good one for both her and the team.

“Last season we had a new coach. It was difficult learning a new system but we eventually picked it up and got used to it,” said Washington. “We came in sixth in conference and we broke a few records, which was good publicity for the program. We still had a new system and had to come into our own.”

Mannetti’s team has been working hard to make sure that they do better than they did last year.

“We have had a pretty strong preseason, we did a lot of individual workouts and the team has been working hard to find a balance between bringing it defensively, consistently and offensively consistently,”

Sacred Heart opens the season on Nov. 16 on the road at Iona. The Pioneers home opener is two days later, when they play University of Bridgeport at the William H. Pitt Center.

A schedule highlight for the Pioneers includes the Brown Classic at Brown University in Providence, RI on Dec 6 and 7. They will play Brown the first day followed by either Drexel or St. Bonaventure the next.

The Pioneers are picked to finish second in the NEC Preseason Coaches’ Poll. Washington was selected to the All-NEC Preseason Team for the second straight season.

“Competition is strong. It is certainly not the non-conference schedule we had last year but I think our non-conference is going to prepare us adequately for our conference,” said Mannetti. “When we get into conference it is always a dogfight.”

The Pioneers will rely on seniors Washington and Shepard once again, along with junior Lerae Ettienne. The three of them are what some teams call captains but Mannetti calls them a “leadership cabinet.”

Sacred Heart’s roster is very balanced in terms of experience this year. The Pioneers have two seniors, four juniors, one redshirt sophomore, two sophomores and three freshmen.

“I am excited for the season,” said Shepard. “I think we have a really solid team this year and it’s my last chance to win a championship so I

want to have the best year we can.”

Mannetti feels as though her team is very strong and knows what it will take out of them to be a championship team this year.

“We return two All-Rookie members. We have Gabby Washington, All-NEC first team selection returning. I think from a talent standpoint we return a great core of talent from last year,” said Mannetti. “We have also brought in four new players that are really going to help us. I think we can be very good, we just have to practice hard every day like a championship team in order to do that.”

“I think we have a really solid team this year and it’s my last chance to win a championship so I want to have the best year we can.”

PLAYERS of the WEEK

SARAH
BERGMAN

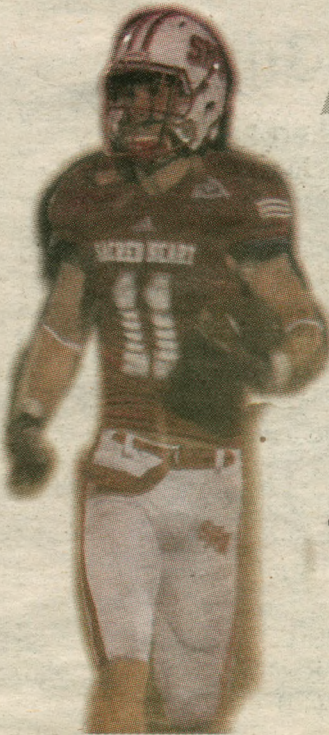
HOMETOWN Blandon, Pennsylvania YEAR Senior
MAJOR Biochemistry SPORT Field Hockey
Midfield
STATS/AWARDS
Named First Team All NEC



“ SACRED HEART FIELD HOCKEY WILL CONTINUE TO GROW AND IMPROVE. IT WAS A GREAT START TO CONTEND FOR A CONFERENCE TITLE. ”

PRESTON
SANFORD

HOMETOWN Birmingham, Alabama YEAR Senior
MAJOR Sports Marketing
SPORT Football, Cornerback
STATS/AWARDS
Named NEC Special Teams Player of the Week



“ THE TEAM AS A WHOLE AND THE COACHING STAFF NOT ONLY WANTS TO BRING THE TITLE HOME FOR OURSELVES BUT FOR THE WHOLE SACRED HEART COMMUNITY. ”